

## COURSE PLANS

### UNIT 4.

#### 1. BASIS

The core topic of the unit is food. We will cover the basics of a healthy diet and habits to be adopted. Food will be presented from the point of view of its role in the body in order to understand the need for a varied diet in order to stay healthy. A point of interest is learning about handling and storing food products correctly food and the importance of eating them in good condition. We will look at names and pictures of food that are familiar to the children. Pupils also need to acquire hygiene habits to stay healthy and avoid accidents. They will learn about organising information and learn how to read and decipher a code.

January     February

#### 2. METHODOLOGY

As they work through this unit, pupils will acquire key hygiene habits regarding food. They will understand how to store food and how to interpret the information on food labels. They will understand the importance of a varied diet and the importance of adopting hygiene habits to stay healthy and avoid accidents.

Contents	Evaluation criteria	Learning standards
<ul style="list-style-type: none"> <li>• Acquire healthy eating habits.</li> <li>• Know the different forms of food preservation.</li> <li>• Know how to store and handle food correctly.</li> <li>• Understanding of the need to practise healthy eating.</li> <li>• Knowledge of the need to maintain good hygiene with regard to food.</li> <li>• Know and appreciate the importance of medical check-ups in order to prevent illness.</li> <li>• Know the importance of practising sport regularly and using the proper safety equipment.</li> <li>• Know that carrying heavy items be harmful to health.</li> <li>• Use linguistic and mathematical knowledge to solve codes.</li> <li>• Understand information, acquire food vocabulary and express themselves correctly.</li> <li>• Initiative and perseverance when defending opinions, developing attitudes of respect and collaboration when working in a group.</li> </ul>	1. Learn about the standards of hygiene in relation to food.	1.1. Acquire and appreciate food safety habits for healthy eating.
	2. Know the different forms of food preservation.	2.1. Identify the different forms of food preservation.
	3. Know the importance of proper nutrition in relation to health.	3.1. Know the meaning of a healthy diet. 3.2. Acquire and appreciate habits for healthy eating.
	4. Recognise the importance of medical check-ups to prevent illness.	4.1. Know about the importance of medical check-ups in order to prevent illness.
	5. Know the objects related to sport that protect us from physical harm.	5.1. Match sports equipment to the appropriate sport.
	6. Understand that carrying heavy bags can hurt our backs.	6.1. Identify who is carrying a heavy bag and could hurt his/her back.
	7. Learn about the information on food labels.	7.1 Identify key information on a food label.
	8. Acquire appropriate vocabulary related to healthy diet, health and accident prevention.	8.1. Understand information and acquire vocabulary in relation to a healthy diet, health and the prevention of accidents.
	9. Defend opinions and develop attitudes of respect and collaboration when working together in a group.	9.1. Actively participate in cooperative work activities.

### 3. COMPETENCIES

Competencies	CONTENTS AND ACTIVITIES BY COMPETENCY
Linguistic competency	<p>Expressing information orally, In a clear and orderly manner. Using terms related to food correctly. Oral description of a healthy diet.</p> <p>Using elements of non-verbal communication, or in different registers, in different communicative situations. Interpreting information from images.</p>
Mathematical competence and basic competencies in Science and Technology	<p>Developing and promoting habits for a healthy lifestyle in terms of food and exercise. Adopting habits of food safety, healthy eating habits and the importance of exercise. Solving and using a linguistic code to complete an activity.</p>
Digital competency	<p>Using digital tools to build knowledge. Using digital tools to carry out the activities. Finding out new information from digital sources.</p>
Learning to learn	<p><i>Multiple Intelligences:</i> Develop the different multiple intelligences. Combining mathematical and linguistic knowledge to solve codes. Organising and classifying information.</p>
Social and Civic competencies	<p>Showing a willingness to participate actively in established areas of participation. Actively participating in group work.</p> <p><i>Values:</i> Learning to behave correctly according to different values. Being responsible and positive towards changing eating habits.</p>
Sense of initiative and entrepreneurial spirit	<p>Prioritising the achievement of group goals over personal interests. Actively participating in cooperative work activities.</p>
Cultural awareness and expression	<p>Developing work and presentations with aesthetic sense. Being careful with presentation and neatness in their work.</p>